





THE SACRED HEART SCHOOL OF MONTREAL



MEMORY BOOK
2018-2019



A Message from The Head of School

Dear Sacred Heart students, and most of all, to our graduating class of 2019,

Another school year successfully completed! You have all accomplished incredible things over the course of the year: written in-depth essays, given great presentations, won sports competitions, and thrown yourselves headfirst into the various arts with outstanding results. We here at Sacred Heart are all so very proud of your achievements, and are looking forward to see how a summer of relaxation and fun will refresh your minds for next year!

One group of girls, however, will no longer be walking our halls every day, gracing us with their compassion and enthusiasm. To the graduates of 2019, I am honored to congratulate you on your five years of dedication and to wish you the best for the post-secondary education that awaits you. Your strong commitment to academic excellence and intellectual curiosity is so remarkable that we already know you will all be very successful in the next step in your educational endeavors.

As you continue on to your next great adventure, keep the lessons you have learned close to your hearts, and remember your efforts and perseverance as you progressed through the grade levels. Remember the pure joy and excitement of learning, and most of all, what a great feeling it is to learn how to learn! Learning inevitably involves making mistakes, and no matter how frightening that is, failure is something that should be embraced, not avoided. To keep that passion for learning is to make failure your friend, and I can tell you that learning from your mistakes will make for some of your best work!

To learn is to make a commitment to make yourself better. You have already understood this commitment, and your efforts to live Sacred Heart's second goal of a deep respect for intellectual values are to be applauded! Learning, however, doesn't stop once you leave these halls, or even when you eventually graduate from university. Your academic curiosity and thirst for knowledge should continue to drive you in various aspects of your life to keep opening your mind to new ideas. It is so important to be lifelong learners in every way, regardless of your field of study or career. Force yourselves out of your comfort zones and learn about new things totally unrelated to your formal schooling. Follow your instincts and interests, and take risks in your learning in order to explore new ideas. And please, do not believe everything you read on the internet!! Challenge those ideas and schools of thought, and keep searching for the truth.

Graduates, we are all so excited for what awaits you in the future. As you continue on into your post-secondary education, remember to celebrate your successes, embrace your mistakes, and continue to learn and grow, because you will soon surpass even your wildest dreams. As Mother Teresa once said, "Reach high, for stars lie hidden in your soul. Dream deep, for every dream precedes the goal." In conclusion, I would like to thank Ms. Michelle Lessey, faculty editor, as well as student editors Emilie Shalhoub and Amanda Stevenson, for their tireless efforts. Without their hard work, you would not have this wonderful memory book in your hands right now, and I think we can all agree that they've done a fantastic job of capturing all the smiles and laughter that we're so privileged to see on a daily basis!

On behalf of everyone at The Sacred Heart School of Montreal, I would like to say a fond farewell to you, the class of 2019, our 158th Graduating Class. We wish you great success, and send you off with this Irish Blessing:

ALWAYS REMEMBER TO FORGET THE TROUBLES THAT PASSED YOUR WAY

BUT NEVER FORGET TO REMEMBER THE BLESSINGS THAT COME EACH DAY

We hope you come back and visit us often!

Shawn O'Donnell
Head of School

A Message from Ms. Maloni, Director of Academics

As the school year closes let us take the time to be grateful for the personal and communal successes of the 2018-2019 year. I continue to feel blessed and privileged to work at this truly special school and to support this incredible community. To each student whose memories are captured in this year book, thank you for contributing to our school in your unique way.

Graduates of 2019: It has been an honour to watch you grow and take your place as the leaders this year. I hope you have built memories and shared moments that you will cherish always. You will be dearly missed, but you will join the ranks of 158 years of young women who are bound by the missions and values of Sacred Heart.

With great education lies great responsibility. As a class, you hold a great deal of intellectual power as well as the capacity for love and kindness, and there is no greater combination. Use your gifts and talents wisely and let the values you have learned during your time at Sacred Heart guide you in your journey.

Love and live deeply like tomorrow does not exist. Learn and study deeply- like you will live forever. Carry yourself with integrity. Be fierce but always kind to others and to yourselves. Know when to ask for help, when to slow down, and don't forget to BREATHE. Nourish your heart and mind with positivity and generosity. Have perspective and also tons of fun!

Our school was fortunate to have you grace her halls so don't forget her. When you come to visit, she will welcome you with open arms because home is always where the Heart is.



A Message from Ms. Rath, Director of Students

As you leave the comfort and safety of Sacred Heart, know that you are ready and well prepared to take on whatever may come your way. I hope that one of your greatest takeaways was learning how to learn and how to persevere. You are all driven and intelligent young women who have the skills and knowledge to turn your dreams into realities which will impact your communities in rich and wonderful ways. Remember to be kind, remember to be opinionated, but most of all; remember to be yourself because if you are true to yourself then you will never go wrong.

Thank you for making work feel like home and for reminding us that we are students too. We are constantly learning and I'm amazed by how much you teach us.

Remember, that Sacred Heart will live forever in your hearts and that this will always be your home.

Erika Rath
Director of Student Services



FACULTY AND STAFF

2018-2019



Lisa Arella



Lara Artinian



Julie Beaudet



Julian Beauvais



Nathalie Belfort



Iveth Bosmediano



Florise Boyard



Isabel Brink



Stephanie Broadhurst



Maureen Brown



Maria Cusma



Christiane De Sainte-Marie



Dylan Devaney



Luigi Fratta



Josh Friedmann



Angelo Gallo



Catherine Gauthier



Mary Gendron



Moira Gorman-Fisk



Pooyan Haghighat



Joan Harrison



Carla Hascour Tambe



Sarah Jones



Peter Judson



Alexandra Lantosh



Marie-Elaine Laquerre



Lili Le Fèvre



Michelle Lessey



Nia Leventis



Kristina Lisak



Megan Littman



Giovanna Mazzariello



Gisela McIvor



James McRae



Toula Michalakos



Jennifer Newton



Colleen O'Donnell



Hélène Pagette



Polly Palumbi



Myriam Phaneuf



Yvonne Pledger



Kayla Ramacieri



Gedi Snapkauskas



Mirella Spadafora



Melissa Tradel



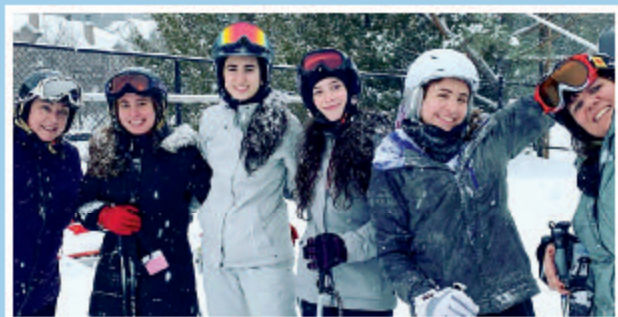
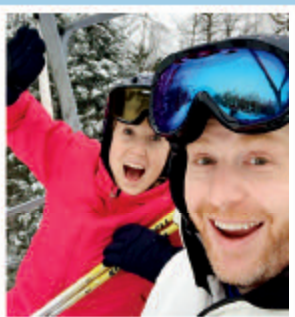
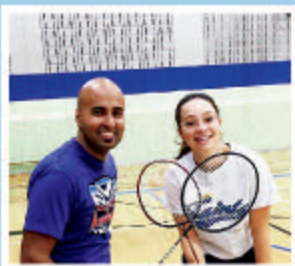
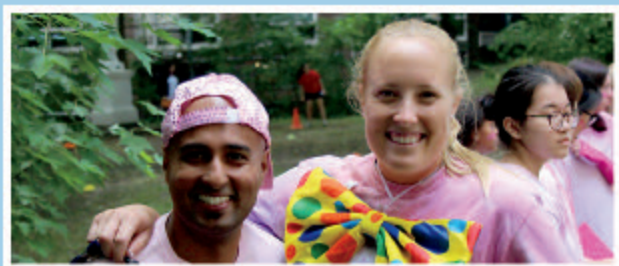
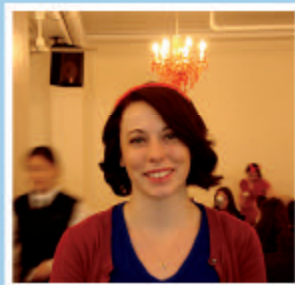
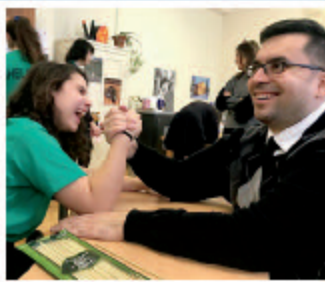
Alyssa Trifonopoulos



Aran Waldbrook



TEACHER CANDIDS



SACRED HEART MEMES



Mr. Pooyan: *Teaches a whole bio chapter in 2.3 seconds *

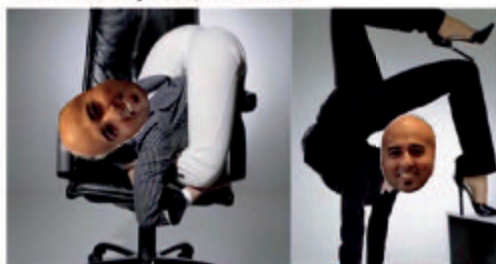
Student: Mr. Pooyan I had a ques-

Mr. Pooyan:



Everyone: When can we have a review session ?

Mr. Reda: Any time, I'm flexible



Memory Book Committee



Photographers:

Leah Amodeo, Alyssa Bucaro, Olivia Blizzard, Katerina D'Ambrosio, Laurena Ferraro, Yue (Mary) Huang, Laura Michetti, Gabriella Monticciolo, Megan Montoni, Catherine Mourelatos, Cienna Nemeth, Sarah Price, Elleana Vardaro, Rozanna Ralbovsky, Julianna Valente, Eliana Viviani

Layout:

Charlotte Cochrane, Emiliana Di Nolfo, Ava Iorio, Meggie Lee, Ciara Moore, Erica Paul, Emma Provençal, Simona Ruscio, Rozanna Ralbovsky, Lauren Gale, Liana Cianci, Sarah Shalhoub, Daisy Smith



The Advisors: Ms. Lessey,
Ms. Lantosh, Ms. Jones

The Editors:



Amanda Stevenson



Emilie Shalhoub

Note From the Editors:

Working on this year's Memory Book has truly been a humbling experience for the both of us. We have learned so much when it comes to leadership, determination, creativity, and compassion. Although there were struggles at times, we persevered and worked together to create a fun-filled Memory Book. However, none of this would have been possible without our advisors, Ms. Lessey, Ms. Lantosh, and Ms. Jones, who guided us throughout the year, and our team, the photographers and those working on layout, who worked tirelessly with us. As you look through the book, remember the good times. On that note, we hope you enjoy the 2018-2019 Memory Book!

Sincerely,
Amanda and Emilie





SECRETARY TREASURER
ERIKA DELUCILLA



PRESIDENT
DAISY SMITH



VICE PRESIDENT
AMANDA EMBLEM

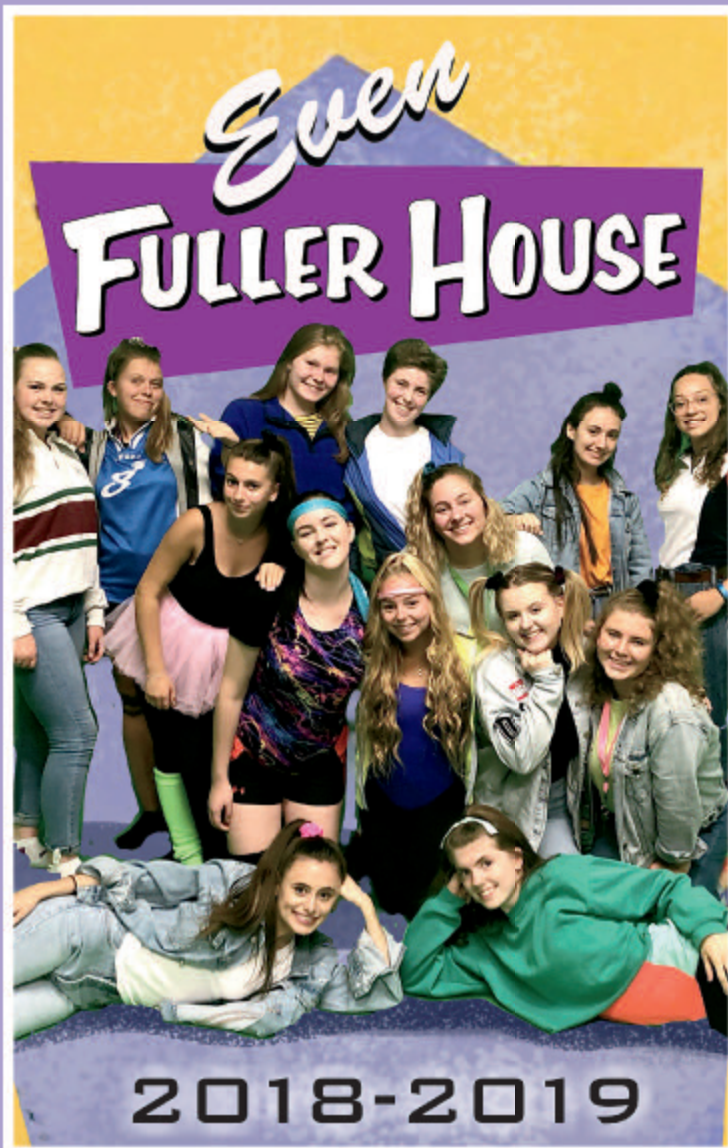


SERVICE PREFECT
KATALINA COUTO

STUDENT COUNCIL



GAA CO-CAPTAIN
JASMINE LIGHTFOOT



GAA CO-CAPTAIN
CAITLIN DOWNEY



DU ROUSIER HOUSE HEAD
GRACE SINGER



HARDEY HOUSE HEAD
KATALINA TOTH



DUCHESNE HOUSE HEAD
SHANNON BLAKE



SHELDON HOUSE HEAD
SOPHIE KOESTNER



STUART HOUSE HEAD
OLIVIA TORRALBO



TRINCANO HOUSE HEAD
DAPHNE GIROUX



DIGBY HOUSE HEAD
MADISON PASSINGHAM



BARAT HOUSE HEAD
STEFANIE FRANCES

COORDINATORS 2018-2019



ART CLUB



MAYA VARDARO AND ELISABETH MORENA

ENVIRONMENTAL



SOFIA SCALIA AND LAUREN GALE

CULTURAL



WENYU (WINNIE) ZHANG AND JIAJIE (CRYSTAL) SHAN

YEARBOOK



AMANDA STEVENSON AND EMILIE SHALHOUB

Sacred Girls embody....

KINDNESS

We spread kindness and love to our friends. We go above and beyond to help our friends and classmates, whether it's helping someone with their homework, holding the door for someone, or just saying please and thank you. It goes a long way!



"No act of kindness, no matter how small, is ever wasted."
- Aesop



Angela Anastasopoulos
Mackenzie Baldry
Carolyn Berkling-Drouin
Olivia Blizzard
Olivia Bourret
Kiara Caprera



Emma Catallozzi
Yoonha Cho
Sabrina Colella
Savannah Corsetti
Maya Djurovic
Marlena Ching Laam Fok



Emily Kavvouras
Alik Markarian
Katya Markarian



Sarah Mary Dellar
McAleer
Kaitlyn Ment-Khoury
Kaylin Montour



Bianca Paolucci
Erica Paul
Maya Piscopos
Sarah Price
Luofei (Alisa) Shi
Xihe (Isabel) Shi



Secondary 1





Téa Smeraglia
Emily Stevenson
Gabriella Szanajda
Monticciolo



Lucy Tretiak
Marianna Triassi
Raffaella Vincenti



Ariana Zacchigna
Yixuan Wang



Madison Wareham
Cassidy Wilson

Class of 2023



Every day I walk in the hallways and someone greets me with a smile!

- Erica Paul



Sacred Heart is an amazing school and the people are very friendly!

-Emily Stevenson



Stefani Eva Anania
Yu (Zara) Bai
Sienna Béliveau
Madison Bériault
Kristina Boulet
Chiara Caucci



Madeline Christopoulos
Rhea Cimino
Charlotte Cochrane
Chiara Colafabio
Brenna D'Ambrosio
Olivia Diamantopoulos



Jenna Downey
Mikayla Forlini
Yinzhu (Yolanda) Han



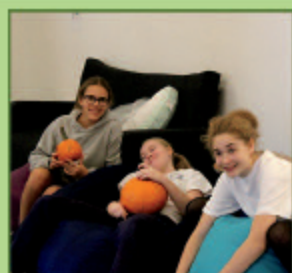
Salma Hanano
Erika Iorio
Penelope Karounis



Julia Kubisztal
Zoe Lambroulias
Ziqing (Orchid) Lan
Meggie Le
Immacolata Lombardi
Yaru Luo



Secondary 2





Samantha Marino
Keisha Marshall
April McLeod



Lorena Migliorelli
Olivia Odoriso
Chiara Paolitto



Amber Papadopoulos
Elia Paré
Felicia Presti
Mariam Ramlawi
Simona Ranieri-Thompson
Sabrina Roberts



Yutong (Aurora) Tian
Jiahui (Ella) Yu
Zihan (Caressa) Yuan



Méganne Zabbal
Baoxin (Cindy) Zhang
Yiting (Ada) Zhao

Class of 2022



It's not what's under the tree that counts, it's those who are around you.

- Lorena Migliorelli & Olivia Odoriso



No matter what team you root for, always be kind to each other.

- Mme Belfort & Mr. Reda



Joelle Abouserhal
Natascha Aiken
Leah Amodeo
Rebecca Barakett
Alyssa Bucaro
Sofia Buggé
Vanessa Buggé



Meihao (Anna) Cai
Cettina Cammalleri
Stefanie Capozzo
Siyang Cheng
Emily Christie
Emma Coppola-Popieraitis
Jessica Cristiano



Nora Cunningham
Katerina D'Ambrosio
Madison D'Souza
Maya Da Silva-Rosa
Tara Delaney
Yasmina Di Lullo
Sarah-Nicole Di Paola



Lara Dimitri
Laurena Ferraro
Félicia Mesina
Julia Gagné
Ainsley Goodleaf
Mufei Huang



Yue Huang
Ava Iorio
Rathisha Iyadurai
Dayoon Kang
Kyoeun Kim
Jura Kruszewski
Hongxuan Lu



Secondary 3





Sophia Magafas
Mara Mastrocola
Sofia Mignacca
Chloe Miller
Megan Montoni
Ciara Moore
Cienna Nemeth

Maika Palmieri
Eliana Pantazopoulos
Amanda Paterson
Jiang Qi
Evagelia Rokas
Ava Rowe
Nicole Sabourin

Jaymie Sacchetti
Michela Santini
Catharina Marianne Schoch
Sofia Serabian
Yichen Shen
Jordan Smith
Yingzhu Sui

Linger (Danielle) Tan
Pallas Thomas
Brianna Tutino
Amanda Valente
Jacqueline Van Aelst
Elleana Vardaro
Francesca Volpato

Huiying (Sophie) Wang
Jui-Hsuan (Jasmine) Wang
Yiduo (Lucy) Wang
Reese Wereley
Wai Suet (Nikki) Wong
Meilun (Milli) Yan

Class of 2021



"This year went by so fast! I had so much fun on all fun afternoon days at school! "

- Cienna Nemeth



Another year went by and great memories were made...and many more to come!

- Jaymie Sacchetti



Mariana Aguirre De La Fuente
 Elena Apostolatos
 Cassandra Baldry
 Isabel Blin
 Leila Boctor-Moghaddam
 Zoë Boosamra



Julia Cacioppo
 Liana Cianci
 Jenna Coverini
 Tianxin (Amanda) Fu



Lauren Gale
 Anna Garon
 Apollonia Griffin
 Clara Hlibchuk



Xindi (Cindy) Hu
 Zhilin (Linda) Hu
 Hannah Lee Poy-Paxman
 Ruitong (June) Liu



Jennifer McDonald
 Olivia Migliorelli
 Newsha Mostafavi
 Catherine Mourelatos
 Gabriela Nicolau
 Julia Picciola



Secondary 4





Emma Maria Provençal
Simona Ruscio
Ashley Sakaitis
Sofia Scalia
Isabelle Schoch
Sarah Shalhoub



Qinyun (Linda) Song
Christina Stappas
Kexin (Aniya) Sun
Giulianna Valente



Lola Vincenti
Alice Voizard
Yuqi (Tina) Wang
Lai (Christina) Wei



Lina Weiss
Bridgett Williams
Yimin (Nina) Wu
Yiran (Sarah) Xie



Yaxin (Katherine) Xiong
Jiamin (Fanny) Yuan
Hao (Rebecca) Yue
Yufei Zheng
Xuyi (Wendy) Zhou

Class of 2020



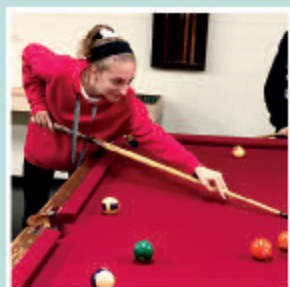
"I love how our grade is very close and always helping each other."
- Emma Provençal



"Our grade is very loving, kind and supportive of one another."
-Liana Cianci



Secondary I Retreat



My most memorable moments at the retreat were playing ringette and trying to make a horror movie in a dark room which was really funny!!
-Erica Paul



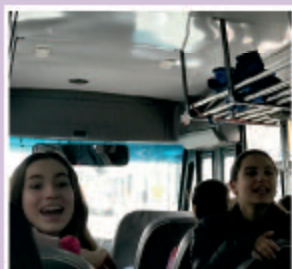
Secondary 2 Retreat



At retreat, we watched the movie *The Blind Side*, and engaged in many exciting activities together. We played ringette, pool, and foosball. I lost, but I still had fun!
-Meggie Le



Secondary 3 Retreat



Most memorable moment: When Mr. Beauvais spends the last three years telling us that we have not yet contributed to society...but then tells us that we are a miracle....
- The entire grade



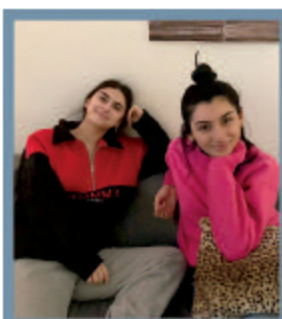
Secondary 4 Retreat



We watched *Hidden Figures*, did activities together and played in the rec room. We really bonded well as a grade and had a lot of fun! - Sarah Shalhoub



CANDIDS





Academic Achievement

\$5,000 Winner

Don Bosco Youth Leadership Centre
Members: Zoë Bosamara, Liana Cianci,
Jenna Coverini, Julia Picciola and
Mariana Aguirre De La Fuente



Math Competitions



Sec. 1 Canadian
National Math
League - 1st place:
Yixuan Wang



Sec. 1 Canadian
National Math
League - 2nd place:
Luofei (Alisa) Shi



Sec. 1 Canadian
National Math
League - 3rd place:
Erica Paul



Sec. 2 Canadian
National Math
League - 1st place:
Erika Iorio



Sec. 2 Canadian
National Math
League - 2nd place:
April McLeod



Sec. 2 Canadian
National Math
League - 3rd place:
Ziqing (Orchid) Lan



Sec. 3 Pascal
Contest - 1st place:
Milun (Milly)
Yan



Sec. 3 Pascal Contest
- 2nd place:
Hongxuan (Alina)
Lu



Sec. 3 Pascal Contest
- 3rd place: Huiying
(Sophie) Wang



Sec. 4 Cayley
Contest - 1st place:
Tianxin (Amanda)
Fu



Sec. 4 Cayley
Contest - 2nd place:
Yiran (Sarah) Xie



Sec. 4 Cayley
Contest - 3rd place:
Xuyi (Wendy) Zhou



Sec. 5 Fermat Contest
- 1st place medal:
Amanda Stevenson

English and French Awards



Sienna
Beliveau
participated
in the
Bilingual
Stream of
2019 Jr.
online finals
(Poetry in
Voice).



Chiara
Caucci
participated
in the
French
Stream of
2019 Jr.
online finals
(Poetry in
Voice).



Olivia
Odorisio
participated
in the
English
Stream of
2019 Jr.
online finals
(Poetry in
Voice).



Eliana
Pantazopoulos:
QAIS Junior
descriptive essay
competition - 1st
place winner



Olivia
Torralbo:
Concours
d'art
oratoire
senior en
langue
avancé -
2ème place



Daisy Smith:
Senior
English
QAIS public
speaking
competition:
2nd place

Special Recognition

The following students deserve
special recognition for scoring 100%
on a Ministry exam:

Sophie Wang: Sec IV SN Math
Exam (Sec. 3 Accelerated Math)
Mary Huang: Sec IV SN Math
Exam (Sec. 3 Accelerated Math)
Yasmina Di Lullo: Sec IV SN Math
Exam (Sec. 3 Accelerated Math)
Nikki Wong: Sec IV SN Math Exam
(Sec. 3 Accelerated Math)
Nora Cunningham: Sec IV SN Math
Exam (Sec. 3 Accelerated Math)
Newsha Mostafavi: Sec IV SN Math
Exam

Student Exchange



Amanda Emblem, SHSM & Katie Spillane,
Mt. Anville (Dublin, Ireland)



Madison Passingham, SHSM & Evelyn Farmer,
Mt. Anville (Dublin, Ireland)



Stefanie Frances, SHSM & Inez Guardone
Vasquez, Chamartin, (Madrid, Spain)



Sophie Koestner, SHSM & Coline Guillet, La
Perverie (Nantes, France)



Hannah Lee Poy- Paxman, SHSM & Erin
Lafferty, Stuartholme (Brisbane, Australia)



Simona Ruscio, SHSM & Zoé Gilme,
La Croix Blanche (Bondues, France)



Barat

House Head: Stefanie Frances

Co-Captains: Cassandra Baldry, Mara Mastrocola,
and Eliana Viviani



Digby

House Head: Madison Passingham

Co-Captains: Alyssa Bucaro and Ruitong (June)
Liu



Duchesne

House Head: Shannon Blake

Co-Captains: Emiliana di Nolfo and Emilie Shalhoub



du Rousier

House Head: Grace Singer

Co-Captains: Cettina Cammalleri, Elisabeth Morena, and Amanda Stevenson





Hardey

House Head: Katalina Toth

Co-Captains: Jessica Cristiano, Tiana Iacobelli,
and Pallas Thomas



Stuart

House Head: Olivia Torralbo

Co-Captains: Emma Provençal, Isabelle Schoch,
Lola Vincenti



Sheldon

House Head: Sophie Koestner

Co-Captains: Anna Garon, Immaculata

Lombardi and Simona Ruscio



Trincano

House Head: Daphne Giroux

Co-Captains: Zoë Boosamra and Yasmina Di Lullo



Sports Day 2018



Circus Extravaganza

This year's Sports Day theme was "Sacred's Circus Extravaganza." We spent a fun activity-filled afternoon playing games like ferris wheel handball and ring toss.

Congratulations to the winning houses!

1st Place: du Rousier

2nd Place: Stuart

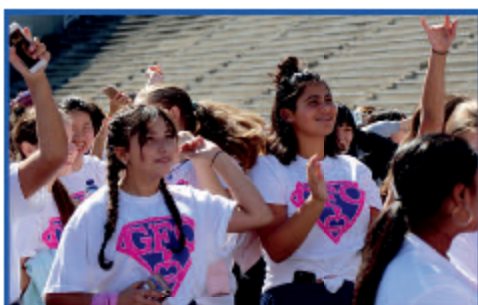
3rd Place: Barat & Digby

Spirit Award: Duchesne

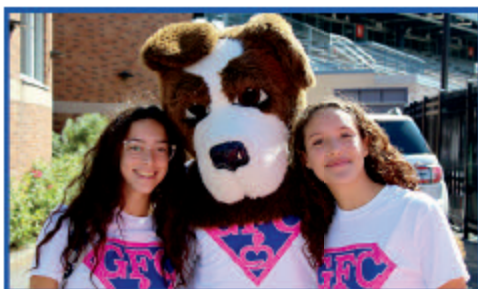




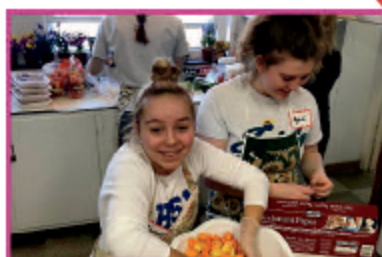
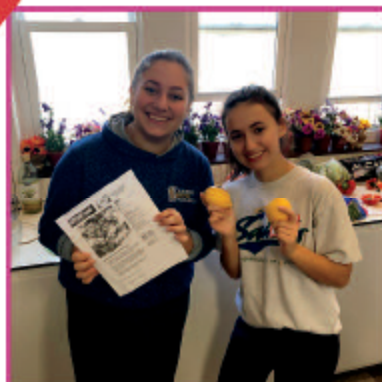
Girls for the Cure



Girls for the Cure committee members: Elena Apostolatos, Zoë Boosamra, Liana Cianci, Caitlin Downey, Laurana Ferraro, Anna Garon, Ava Iorio, Hannah Lee Poy-Paxman, Amanda Stevenson, and Maya Vardaro

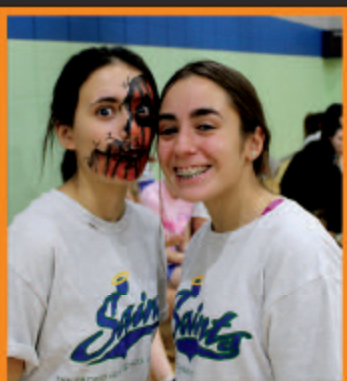


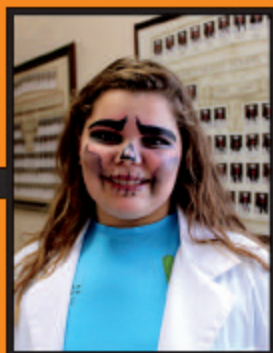
Seventh Annual Community Service Day



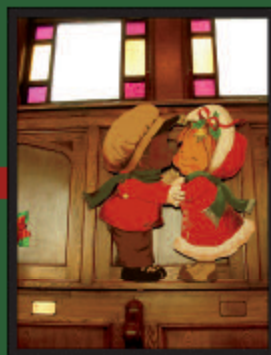
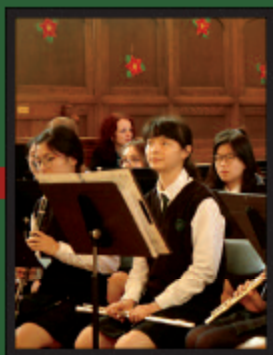
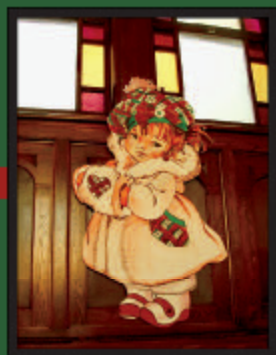


SPIRIT DAY



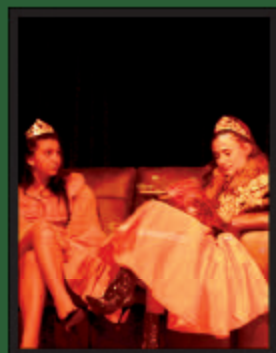
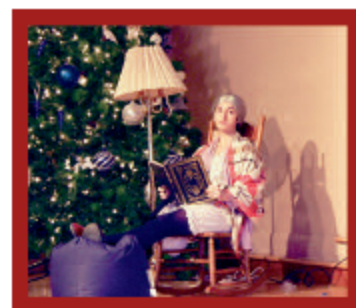
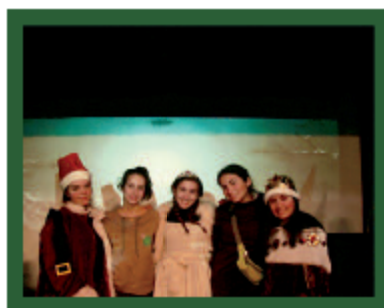
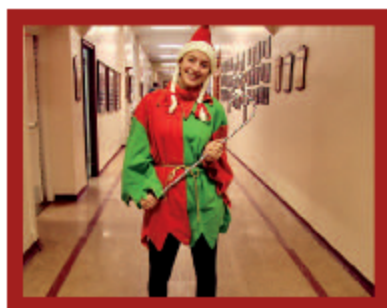
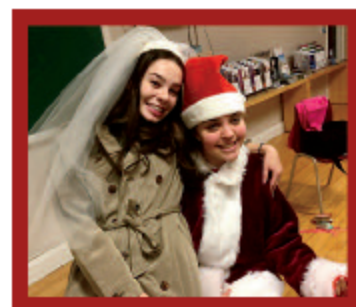
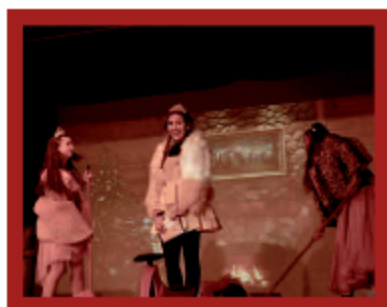


Christmas Concert





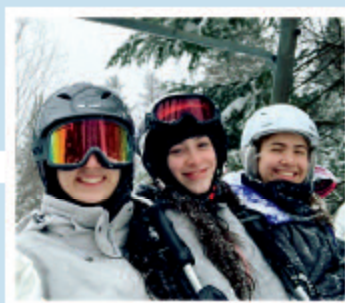
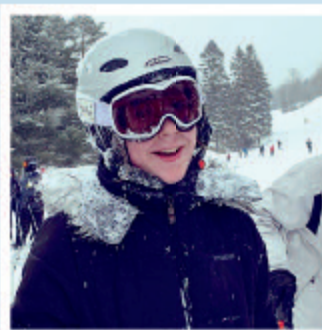
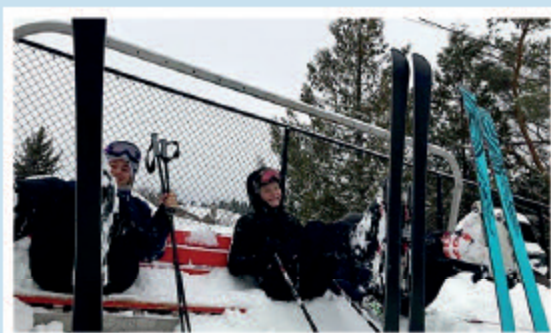
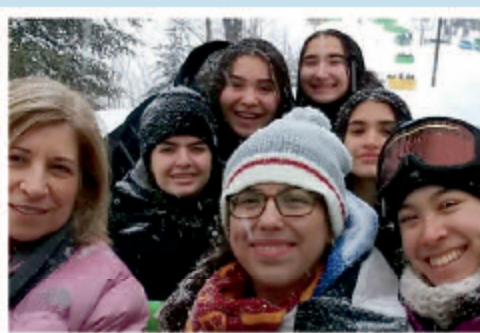
Christmas Wishes



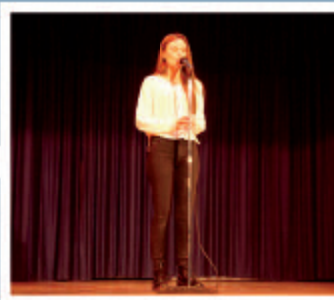
Christmas Wishes is a student-run play, in which the directors, writers and actors are all members of the student body. These students were led by Mme Gauthier, the faculty advisor for the production. The play celebrated the spirit of the Christmas season with humour and heartwarming messages. This year, the play featured 4 separate skits, each with its own director, featuring a cast of actors from Secondary 1 to Secondary 5.



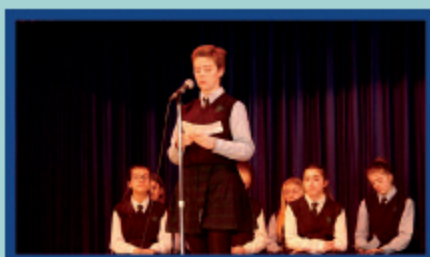
Carnival



Dashabustadd 2019



La Semaine du Français



Les élèves ont participé à une série d'activités en français, notamment un CLB et une pièce de théâtre!



Earth Day!



I now know exactly how
to sort my rubbish!
- Zoë Boosamra

I learned a lot and
had tons of fun!
- Elena Apostolatos



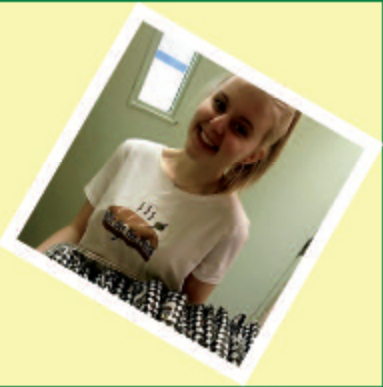
Student Stock Exchange - \$\$\$



Heavenly Slice
Members: Jasmine Lightfoot, Laura Michetti, Olivia Torralbo, and Eliana Viviani



Hot Off the Press
Members: Erika Delucilla, Amanda Emblem, Daphne Giroux, and Angelica Salouros



Chicas and Churros
Members: Emiliana di Nolfo, Caitlin Downey, Stefanie Frances, Tiana Iacobelli, Elisabeth Morena, and Maria Ziannis



Twisted
Members: Katalina Couto, Kris Lu, Madison Passingham, Grace Singer, and Veronica Verenini



Girls making money for a good cause!



Bunday 2 Fryday
Members: Shannon Blake, Rozanna Ralbovsky, Crystal Shan, Daisy Smith, Katalina Toth, and Winnie Zhang



Cheezy Breezy
Members: Madison Berros, Amberlie Pereira, Sydney Shun, and Maya Vardaro



Same Crêpe, Different Day
Members: Sophie Koestner, Nicoletta Pantazopoulos, Carol Qin, Amber Ren, Emilie Shalhoub, and Amanda Stevenson

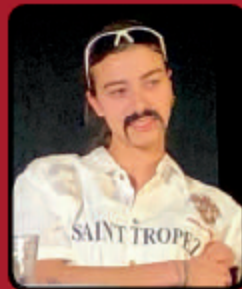
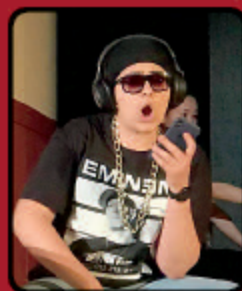


It was really challenging to be responsible and on top of everything. We couldn't forget anything. We had to make sure that everything was taken care of. It felt like real life, very different from school.

The Grand total that SSX's student businesses have raised for donations to various Charities for the 2018-2019 year is \$9,445.05.

Most Original Company Name: Hot Off The Press
Best Company Logo: Honourable Mention - Heavenly Slice
Best Company Poster: Twisted
Best Video: Bunday 2 Friday & Hot Off The Press (Honourable Mention)
Most Creative Theme: Hot Off The Press
Best Marketing & Advertising: Hot Off The Press
Entrepreneur for Others Award: Heavenly Slice (Local Award)
School Spirit Award: Cheezy Breezy & Twisted (Local Award)
Entrepreneur of the Year Award for Sacred Heart: Hot Off The Press (Local Award)

Drama Production 2019



Cast :

Lauren Gale, Emma Coppola-Popieraitis, Daisy Smith, Amanda Fu, Anna Garon, Zoë Boosamra, Cassandra Baldry, Elena Apostolatos, Isabelle Schoch, Julia Cacioppo, June Liu, Lina Weiss, Mariana Aguirre, Newsha Mostafavi, Sarah Xie, Yufei Zheng, Felicia Presti, Imma Lombardi, Sienna Béliveau

Backstage Crew:

Amanda Emblem, Isabel Blin, Jenna Coverini



Check Please!



Special Thanks to Ms. Brown, Ms. Jones, Ms. Trifonopoulos and Isabel Blin !



Nobody said dating would be easy!



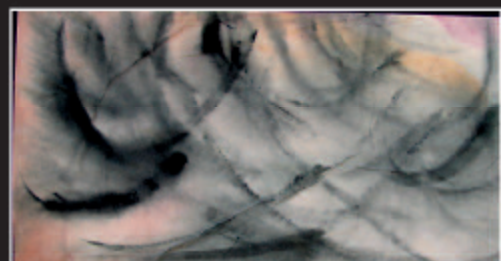
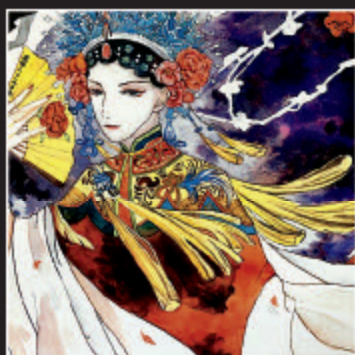
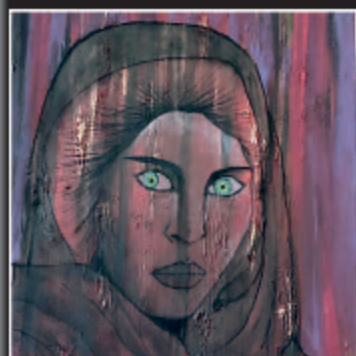
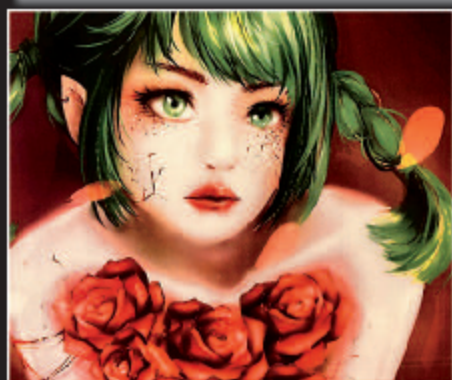
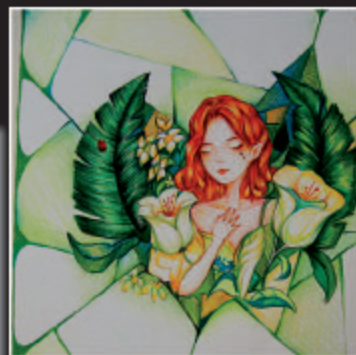
What's more absurd than dating? Not much according to this year's final drama production, *Check Please*. The one-act comedy follows a young man and woman who endure an increasingly silly series of blind dates with a cavalcade of eccentrics. Under the direction of Ms. Brown and Ms. Jones, the eclectic group of students perfected their comedic timing over three well-attended performances. The simplistic set and premise allowed the actors to shine which had the audience coming back for more.

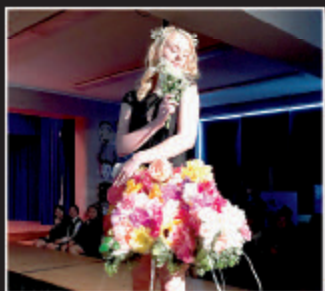
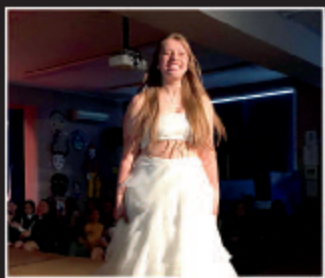
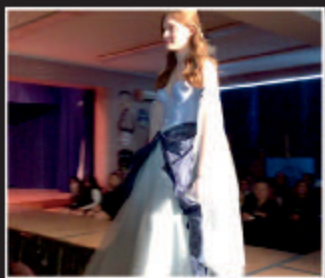
Arts Festival

Wicked Craft

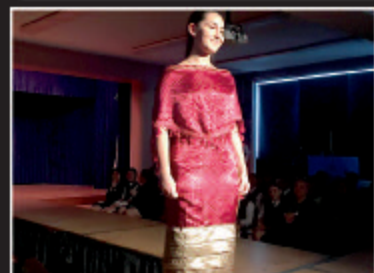
Amazing Art by all grades!

Concerts by Sec I, II, III and concert band!





This year, the annual Arts Festival fashion show was made with the goal of raising awareness about sustainability and the environmental cost of fast fashion. It was made by Sec. V student Katalina Toth out of recycled materials, such as used tablecloths and curtains, into 27 dresses that fit the theme - Wicked Craft. The garments were designed to reflect a dystopian future melded with the Victorian era to reflect the need for evolution to combat climate change. The fashion show was featured in an article in the June 4th edition of the Westmount Independent.



SHSM ATHLETICS



2018-2019

GO SAINTS GO!





SOCCER



BANTAM

Coach: Mr. McRae

Mackenzie Baldry, Carolyn Berkling-Drouin, Kiara Caprera, Savannah Corsetti, Maya Djurovic, Salma Hanano, Erika Iorio, Immacolata Lombardi, Samantha Marino, Bianca Paolucci, Simona Ranieri-Thompson, Emily Stevenson, Lucy Tretiak, Madison Wareham and Raffaella Vincenti



MIDGET

Coach: Mr. Gallo

Alyssa Bucaro, Cettina Cammalleri, Katerina D'Ambrosio, Lara Dimitri, Jenna Downey, Madison D'Souza, Laurena Ferraro, Hannah Lee Poy-Paxman, Mara Mastrocola, Chloe Miller, Ciara Moore, Gabriela Nicolau, Evagelia Rokas, Catharina Schoch, and Francesca Volpato



JUVENILE

Coach: Ms. Newton

Elena Apostolatos, Cassandra Baldry, Zoë Boosamra, Julia Cacioppo, Liana Cianci, Caitlin Downey, Anna Garon, Tiana Iacobelli, Jasmine Lightfoot, Jennifer McDonald, Laura Michetti, Elisabeth Morena, Catherine Mourelatos, Sarah Shalhoub, Lola Vincenti and Eliana Viviani





VOLLEYBALL



BANTAM

Coach: Mr. Sam Ofori
Angela Anastasopoulos, Olivia Bourret, Emma Catallozzi, Chiara Caucci, Rhea Cimino, Chiara Colafabio, Emily Kavvouras, Sarah McAleer, Lorena Migliorelli and Olivia Odorisio



MIDGET

Coach: Ms. Lantosh & Ms. Ramacieri
Joelle Abouserhal, Sienna Béliveau, Vanessa Buggé, Madeline (Lily) Christopoulos, Jessica Cristiano, Tara Delaney, Sarah-Nicole Di Paola, Ava Iorio, Kyeoun Kim and Pallas Thomas



JUVENILE

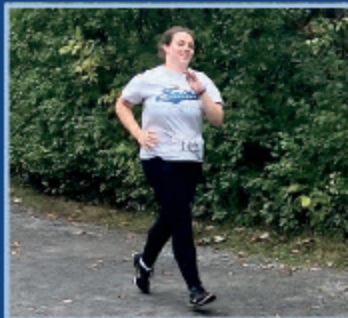
Coach: Ms. Littman
Shannon Blake, Jenna Coverini, Erika Delucilla, Emiliana Di Nolfo, Stefanie Frances, Daphne Giroux, Sophie Koestner, Nicole Sabourin and Amanda Stevenson



CROSS-COUNTRY



Coach: Ms. Vaupshas
Mackenzie Baldry, Olivia Blizzard, Erika Delucilla, Mara Mastrocola, Kaitlyn Ment-Khoury, Gabriella Monticciolo, Isabelle Schoch, Amanda Stevenson, Emily Stevenson, Lucy Tretiak, and Reese Wereley



GOLF



Coach: Ms. Newton
Sarah-Nicole Di Paolo, Kyoeun Kim, and Bianca Paolucci



BASKETBALL



BANTAM

Coaches: Ms. Littman and Julia Cianci
Mackenzie Baldry, Kiara Caprera, Emma Catallozzi, Maya Djurovic, Emily Kavvouras, Sarah McAleer, Kaitlyn Ment-Khoury, Bianca Paolucci, Sarah Price, Emily Stevenson and Marianna Triassi



MIDGET

Coach: Ms. Newton
Joelle Abouserhal, Olivia Diamantopoulos, Laurena Ferraro, Salma Hanano, Kyoeun Kim, Samantha Marino, April McLeod, Sofia Mignacca, Chloe Miller, Megan Montoni, Simona Ranieri-Thompson and Méganne Zabbal



JUVENILE

Coach: Ms. Littman
Liana Cianci, Jenna Coverini, Erika Delucilla, Jasmine Lightfoot, Elisabeth Morena, Catherine Mourelatos, Gabriela Nicolau, Sarah Shalhoub, Julianna Valente, Lola Vincenti, Eliana Viviani and Bridgett Williams



HOCKEY



Coach: Kayla Tutino
Leah Amodeo, Angela Anastasopoulos, Elena Apostolatos, Cassandra Baldry, Zoë Boosamra, Emily Christie, Brenna D'Ambrosio, Madison D'Souza, Caitlin Downey, Lauren Gale, Anna Garon, Tiana Iacobelli
Zoe Lambroulias, Hannah Lee Poy-Paxman, Jennifer McDonald, Madison Wareham



SWIMMING



Coach: Ms. Newton

BANTAM

Sienna Béliveau, Chiara Caucci, Erika Iorio, April McLeod, Elia Paré, Erica Paul, Felicia Presti, Lucy Tretiak



MIDGET

Elena Apostolatos, Cassandra Baldry, Madison Bériault, Yasmina Di Lullo, Amanda Fu, Anna Garon, Ava Iorio, Hannah Lee Poy-Paxman, June Liu, Mara Mastrocola, Olivia Migliorelli, Ciara Moore, Maika Palmieri, Ava Rowe, Pallas Thomas
Alice Voizard, Reese Wereley, Sarah Xie

JUVENILE

Shannon Blake, Katalina Couto, Amanda Emblem, Madison Passingham, Emilie Shalhoub, Yufei Zheng

BADMINTON



BANTAM

Coach: Ms. Martel
Angela Anastasopoulos,
Mackenzie Baldry, Chiara
Caucci, Bianca Paolucci, Erica
Paul, Emily Stevenson, Lucy
Tretiak, Madison Wareham,
Ada Zhao



MIDGET

Coach: Ms. Martel
Nora Cunningham, Linda Hu,
Rathisha Iyadurai, Orchid Lan,
June Liu, Sophia Magafas,
Olivia Migliorelli, Sarah
Shalhoub, Pallas Thomas,
Sarah Xie



JUVENILE

Coach: Ms. Martel
Sophie Koestner, Emilie
Shalhoub, Daisy Smith, Linda
Song, Amanda Stevenson,
Nina Wu, Katherine Xiong,
Wendy Zhou



FOOTBALL



BANTAM

Coach: Mr. Gallo & Mr. McRae
 Angela Anastasopoulos, Mackenzie Baldry, Madison Bérault, Olivia Bourret, Chiara Caucci, Chiara Colafabio, Olivia Diamantopoulos, Jenna Downey, Erika Iorio, Zoe Lambroulias, Samantha Marino April McLeod, Olivia Odorisio, Amber Papadopoulos, Simona Ranieri-Thompson, Emily Stevenson, Lucy Tretiak, Raffaella Vincenti, Madison Wareham, Méganne Zabbal



MIDGET

Coach: Ms. Littman
 Alyssa Bucaro, Julia Cacioppo Cettina Cammalleri, Maya Da Silva-Rosa, Katerina D'Ambrosio, Lara Dimitri, Madison D'Souza, Lauren Ferraro, Kyeun Kim Gabriela Nicolau, Evagelia Rokas, Catharina Schoch Pallas Thomas, Lola Vincenti



JUVENILE

Coach: Ms. Newton
 Elena Apostolatos, Cassandra Baldry, Zoë Boosamra, Liana Cianci, Erika Delucilla, Caitlin Downey, Lauren Gale, Anna Garon, Tiana Iacobelli, Hannah Lee Poy-Paxman, Jasmine Lightfoot, Elisabeth Morena Isabelle Schoch, Daisy Smith



TRACK AND FIELD



Coach: Ms. Newton & Mme Belfort
 Mackenzie Baldry, Olivia Blizzard, Kiara Caprera, Erica Paul, Emily Stevenson, Lucy Tretiak, Madison Wareham, Rhea Cimino, Erika Iorio, April McLeod, Olivia Odorisio, Chiara Paolitto, Simona Ranieri-Thompson, Méganne Zabbal, Tara Delaney, Sarah-Nicole Di Paola, Madison D'Souza, Mara Mastrocola, Sofia Scalia, Catharina Schoch, Pallas Thomas, Natascha Aiken, Elena Apostolatos, Cassandra Baldry, Zoë Boosamra, Julia Cacioppo, Liana Cianci, Lauren Gale, Anna Garon, Apollonia Griffin, Erika Delucilla, Caitlin Downey, Tiana Iacobelli, Jasmine Lightfoot, Amanda Stevenson



HALO



Coach: Ms. Vaupshas
 Mackenzie Baldry, Kiara Caprera, Emily Stevenson, Lucy Tretiak, Sofia Buggé, Mara Mastrocola, Ciara Moore, Reese Wereley, Elena Apostolatos, Cassandra Baldry, Liana Cianci, Anna Garon, Erika Delucilla, Amanda Stevenson





A Special Tribute:
★ Julia Cianci ★

SPORTS BANQUET



Julia Cianci was an incredible student-athlete. Throughout her 5 years as a Sacred Heart Saint, Julia was admired for her talent, dedication, fierce attitude, and most of all her natural ability to be a leader.

Most recently, she will be remembered as a tough yet compassionate coach for our Secondary I basketball team.

Julia touched the lives of everyone she met, and continues to be a role model for our young athletes. Her legacy will forever be celebrated each and every time we step foot in this gymnasium.



SPECIAL PRIZES

The Julia
Cianci
Award for
Excellence
in Athletic
Leadership

Erika
Delucilla



The
Award
of
Honour

Lauren
Gale



The Dawn
Cummings
Junior
Athletic
Award

Mackenzie
Baldry

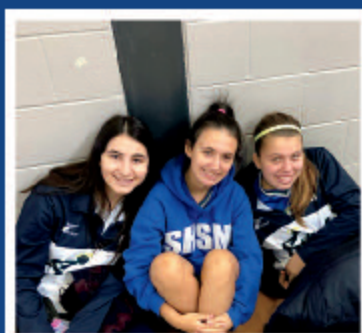


The Mary
Jane Watson
Senior
Athletic
Award

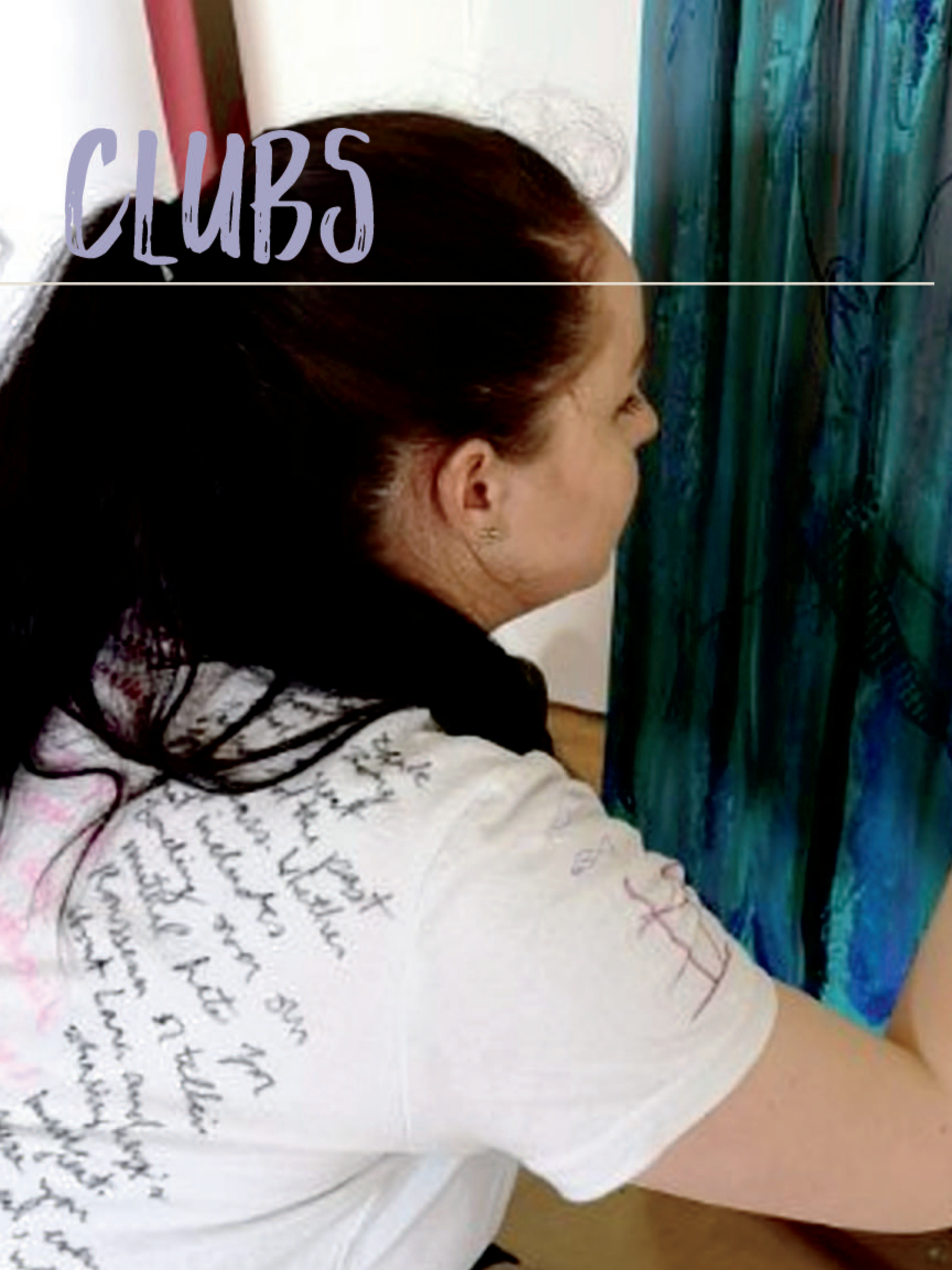
Elena
Apostolatos

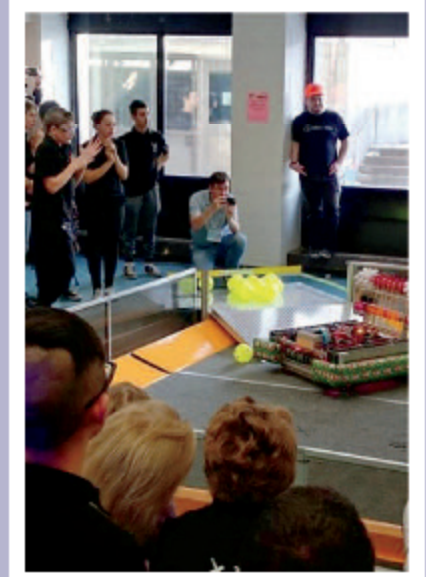
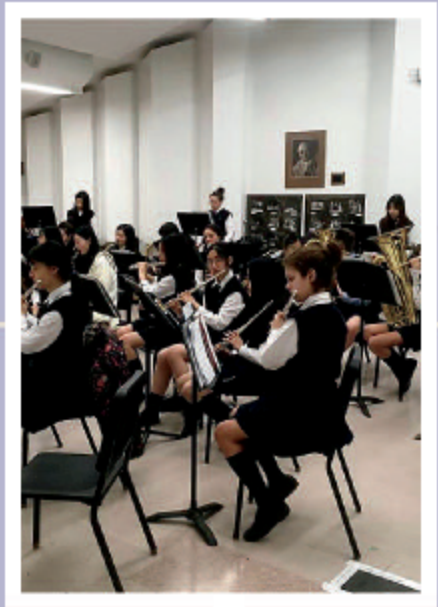


TOURNAMENTS



CLUBS





Band & Concert Band



Faculty advisors: Ms. Waldbrook & Ms. Gautreau

Sienna Béliveau, Meihao (Anna) Cai, Stefanie Cappozzo, Chiara Caucci, Siying (Emma) Cheng, Nora Cunningham, Ngoc Minh Anh (Raven) Dang, Yasmina Di Lullo, Amanda Emblem, Xindi (Cindy) Hu, Zhilin (Linda) Hu, Yue (Mary) Huang, Xiaojing (Charlotte) Jin, Julia Kubisztal, Mufei Huang, Hannah Lee Poy-Paxman, Emma Provençal, Immacolata Lombardi, Hongxuan (Alina) Lu, Evagelia Rokas, Dayoon (Caroline) Kang, Yixuan Qin, Rozanna Ralbovsky, Yichen Shen, Daisy Smith, Amanda Stevenson, Veronica Verenini, Linger (Danielle) Tan, Huiying (Sophie) Wang, Yiduo (Lucy) Wang, Yuqi (Tina) Wang, Wai Suet (Nikki) Wong, Lai (Christina) Wei, Yiran (Sarah) Xie, Meilun (Milley) Yan, Hao (Rebecca) Yue

Band Trip



Knitting Club



Faculty advisors: Ms. Vaupshas & Ms. Hascour-Tambe

Emma Catallozzi, Charlotte Cochrane, Sarah Mary Dellar McAleer, Lucy Tretiak, Ariana Zacchigna

Cuisine 101



Faculty advisor: Mme. de Sainte Marie

Stefani Anania, Charlotte Cochrane, Olivia Diamantopoulos, Tianxin (Amanda) Fu, Salma Hanano, Julia Kubitsztal, Lorena Migliorelli, Sabrina Roberts, Lai (Christina) Wei, Yufei Zheng

Free the Children



Faculty advisor: Ms. Cusma

Katalina Couto, Madison D'Souza, Amanda Emblem, Mariana Aguirre De La Fuente, Laurena Ferraro, Lauren Gale, Olivia Migliorelli, Megan Montoni, Catherine Mourelatos, Julia Picciola, Emma Provençal, Michela Santini, Sofia Scalia, Giulianna Valente, Lola Vincenti, Bridgett Williams.

Battle of the Books

Faculty advisor: Ms. Harrison

Emma Coppola-Popieraitis, Jenna Coverini, Sophie Koestner, Sarah Price, Gabriela Nicolau, Amanda Paterson, Rozanna Ralbovsky, Emilie Shalhoub, Daisy Smith, Brianna Tutino



Art Club

Faculty advisor: Ms. Gendron

Mariana Aguirre de la Fuente, Siying (Emma) Cheng, Madeline Christopoulos, Olivia Diamantopoulos, Yinzhu Han, Zhilin (Linda) Hu, Mufei Huang, Yue (Mary) Huang, Ziqing (Orchid) Lan, Hongxuan Lu, Ruitong (June) Lui, Yichen Shen, Qinyun (Linda) Song, Jui-Hsuan (Jasmine) Wang, Yimin (Nina) Wu, Jiahui (Ella) Yu, Xuyi (Wendy) Zhou



Photography Club

Faculty advisor: Ms. Gendron

Yue (Mary) Huang, Yiduo (Lucy) Wang, Erica Paul, Lucy Tretiak



Comic Book Club



Faculty advisor: Mr. Beauvais

Isabel Blin, Ainsley Goodleaf, Gabriella Szanajda Monticciolo, Cienna Nemeth, Amanda Paterson, Rozanna Ralbovsky, Yutong (Aurora) Tian

Choir



Faculty advisor: Ms. Gautreau & Ms. Waldbrook

Olivia Blizzard, Hannah Lee Poy-Paxman, Yaru Luo, Elia Paré, Yutong (Aurora) Tian, Huiying Wang, Lai (Christina) Wei, Wai Suet (Nikki) Wong, Hao (Rebecca) Yue

Green Team



Faculty advisor: Ms. Lantosh & Ms. Jones

Madeline (Lily) Christopoulos, Sarah-Nicole Di Paola, Emma Coppola-Popieraitis, Lauren Gale, Jura Kruszewski, Julia Picciola, Emma Maria Provençal, Samantha Marino, Catherine Mourelatos, Gabriela Nicolau, Simona Ruscio, Sofia Scalia, Sarah Shalhoub, Lina Weiss

Faculty advisors: Ms. Lessey & Ms. Lantosh & Ms. Jones

Editors: Emilie Shalhoub & Amanda Stevenson

Photographers:

Leah Amodeo, Alyssa Bucaro, Olivia Blizzard, Katerina D'Ambrosio, Laurena Ferraro, Yue (Mary) Huang, Laura Michetti, Gabriella Szanajda-Monticciolo, Megan Montoni, Catherine Mourelatos, Cienna Nemeth, Sarah Price, Elleana Vardaro, Rozanna Ralbovsky, Julianna Valente, Eliana Viviani

Layout:

Charlotte Cochrane, Emiliana Di Nolfo, Ava Iorio, Meggie Le, Ciara Moore, Erica Paul, Emma Provençal, Simona Ruscio, Rozanna Ralbovsky, Lauren Gale, Liana Cianci, Sarah Shalhoub, Daisy Smith

Memory Book



Scholar's Cup

Faculty advisor: Ms. Jones

Lauren Gale, Elena Apostolatos, Isabel Blin, Felicia Presti, Sienna Béliveau, Madeline (Lily) Christopoulos, Michela Santini, Brianna Tutino, Ava Iorio, Amanda Paterson, Zoë Boosamra, Mary Huang, Sophie Koestner, Emma Coppola-Popieraitis and José the Alpaca



Faculty Scholars

Faculty advisors: Mr. Beauvais and Mr. Judson

Elena Apostolatos, Zoë Boosamra, Yasmina Di Lullo, Stefanie Capozzo, Daisy Smith, Amanda Stevenson, Katalina Toth, Gabriela Nicolau



The Pulse



Faculty advisor: Ms. McIvor

Editor-in-Chief: Nicoletta Pantazopoulos

Julia Kubisztal, Eliana Pantazopoulos, Sabrina Roberts,
Daisy Smith, Amanda Stevenson, Katalina Toth

Hollywood Saints

Faculty advisor: Ms. Jones

Madison Berros, Amberlie Pereira, Sydney Shun, Maya
Vardaro



Robotics



Faculty advisor: Mr. Reda

Isabel Blin, Nora Cunningham, Katalina Couto, Sophie
Koestner, Gabriella Szanajda-Monticciolo, Meggie Le,
Amanda Paterson, Sarah Price, Michela Santini, Jordan
Smith, Brianna Tutino

Graduating



Class of 2019





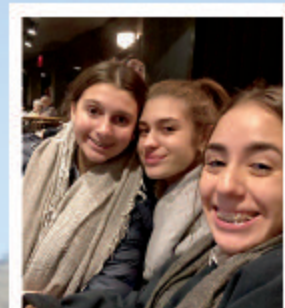
This was such a fun weekend, with campfires, marshmallows, hiking, and all kinds of outdoor adventures! On top of discovering our relationship with nature, we also explored our relationships with ourselves. We had a perfect balance of joyous shenanigans and deep reflection, as well as lots of emotions. Strengthening friendships and dynamics, setting goals for the future, and making sure we never forget our last year of high school – all in three whirlwind days!



CAMP KINKORA

SEPTEMBER 2018

Will we ever forget Stratford? Probably not! We had a great time, especially watching Rocky Horror, and also The Music Man. We spent hours discovering the town of Stratford itself, checking out restaurants and boutiques to our heart's content. We weren't bored in the hotel either, nor on the bus: whether we were wildly excited or incredibly tired, we always made sure we had a good time, and we definitely made sure that our Stratford trip would be one to remember.



STRATFORD

OCTOBER 2018

Convocation



Pin Ceremony



FIVE

2014



YEARS

2019



Valedictory Address - Daisy Smith



Good afternoon Mr O'Donnell, Ms. Maloni, faculty, guests and graduates. I have said that line a hundred different times in a hundred different ways over the past few years, and I am glad to say this will be the last time-no offense Mr O'Donnell, Ms. Maloni, faculty, guests and graduates. We have worked so hard for the past 5 years, and I could not be more honoured to represent a group of girls as strong, smart and amazing as all of you, and to get the chance to see you all off to the next stage of our lives. But as our lives move forward, I'd like to take the chance to look back on how we got to where we are now.

First of all, I'd like to thank the people who got us to where we are today: our parents, and our teachers. To our parents-thank you for being our very small, very enthusiastic cheerleaders, supporting us through every pre-test freakout, exam period jitters, and last minute project supply run. You've been with us every step of the way, literally bringing us to and from every sports game, competition and event-including a very memorable 2 hour trip to Sherbrooke during a snowstorm, I am so sorry Mum. You've given us the tools to make our own future, and then patiently bandaged us up when we inevitably had a few accidents, and we couldn't have done it without you.

To our teachers and staff- thank you for putting up with us. We have fought you over every test date, project length, new powerpoint and exam topic, and yet you continue to not only not chuck us out the window, but actually want us to succeed. Though sometimes we may talk too much- I'm very sorry, Mr. Reda, Ms. Lessey- or not enough- I tried, Mr. Beauvais- you commiserate with us and celebrate with us, and we love you for it. I'm not saying you're completely sane, but you have gone above and beyond for us, and we can't thank you enough. And I would like to give a very special shoutout to Mr. Ward and Mr. Gedi, who are there every morning and every night, rain, shine, or snow, helping us with un-openable lockers and not getting run over, you truly keep the school standing.

But in the end, today is here to celebrate us, the graduates of 2019. We're a pretty unique grade. The school has changed a lot over the 5 years we've been here - I know none of us will ever forget having 6 periods a day, "this fine institution of the Sacred Heart School of Montreal," or even all the other students who came and left throughout the years. We've had a lot of downs- fainting spells, certain outings and lack thereof, and Hotel Slavia come to mind- but we've also had some pretty great times- physics class s'mores, actually getting group quizzes, and the fact that we all actually graduated! But what has really made the past 5 years so special wasn't any particular moment or event, but all of you. There are only 36 of us in this grade, and I'd like to think that I know you all pretty well by now, and what I know is that Sacred wouldn't have been half as much fun as it was without every single one of you.

So, Madison Berros, thank you for reminding us that playing softball definitely doesn't make you soft. Crystal, thank you for always thinking of others. Katalina Toth, thank you for reminding us that appearances can be deceiving, and it's so much better to get to know somebody. Amber and Sydney, thank you for showing us all the true meaning of friendship, so much so that I couldn't do you guys separately. Madison Passingham, thank you for having a megawatt smile that never fails to light up the room. Grace, thank you for reminding us that if we keep dreaming, we can all achieve our goal of starring in Mamma Mia 3. Amanda Stevenson, thank you for inspiring us to give our all to everything we do. Carol, thank you for being way cooler than the rest of us combined. Rozanna, thank you for always knowing just what to say, albeit a bit sarcastically. Maya, thank you for being a literal marshmallow, and the sweetest person you will ever meet. Winnie, thank you for coming in Sec 3 with a bubbly personality, and never letting it fail since. Amanda Emblem, thank you for always managing to lighten the mood with a yodel, reverse whip or even just a laugh. Nicoletta, thank you for somehow managing to handle 35 simultaneous, 5 year long breakdowns. Amber, thank you for having the most stylish hair and attitude in the school. Emilie, thank you for reminding us to think about everything from a different perspective. Olivia, thank you for being a triple threat; smart, strong and kind, all wrapped up in a very fashionable package. Katalina Couto, thank you for always being ready with the best hugs. And Veronica, thank you for always being ready with kind-hearted sarcasm when you reject our hugs. Kris, thank you for reminding us that a little kindness goes a long way. Erika, thank you for managing to be both the bane of my existence and a literal angel, and doing it flawlessly. Tiana, thank you for throwing yourself into everything you do, and reminding us to do what we love. Emiliana, thank you for showing us that with effort, perseverance and just so much coffee, you can do anything. Daphne, thank you for always being willing to nurse us back to health, even when you're the one who's sick. Shannon, thank you for always being ready with a kind word, no matter what we're going through. Maria, thank you for redefining fashion and class every single day. Elisabeth, thank you for always speaking your mind and telling it how it is. Jasmine, thank you for being unapologetically you, and reminding us all to do the same. Stefanie, thank you for reminding us to always see the best in the world. Eliana, thank you for never being afraid of being loud and proud of it. Laura Michetti, thank you for always being there for us when we needed you most. Caitlin, thank you for reminding us that if you can do it with a concussion and a broken collarbone, we have literally no excuse. Sophie, thank you for changing over the years, but always remaining a friend to anyone who needed it. Laura Marechal, thank you for inspiring us to bring art and creativity into every aspect of our lives. And finally, Angelica, thank you for always coming back when you leave us, even if you might be a little late.

Thank you, all of you, for making these past 5 years some of the best of my life. Through every hard moment, you've been there for me and each other. I've seen you laugh, I've seen you cry, and I've seen you give everything you've got. I'm so excited to see where you all end up; from the assured doctors and lawyers and environmentalists, to those of us who don't even know what we'll be having for breakfast tomorrow, I know every single one of you is going to make your mark on the world. I am so glad to say that I have been able to get to know every single one of you over the past 5 years, and that I would not want to be part of any other grade. I have come to love and appreciate every single one of you, and I know I would not be the same person without you. I'm going to miss you so much, but I know that you are going to go on to become some of the most amazing women this world has seen. So thank you, to the teachers, and the parents, and the staff, and most of all, to the grads, for never giving up on each other. Thank you.

Madison Berros

YOU ALREADY KNOW WHAT'S UPPPPP
-Kian & Jc

Most Likely To: Go to concerts and have a meet and greet



Shannon Blake



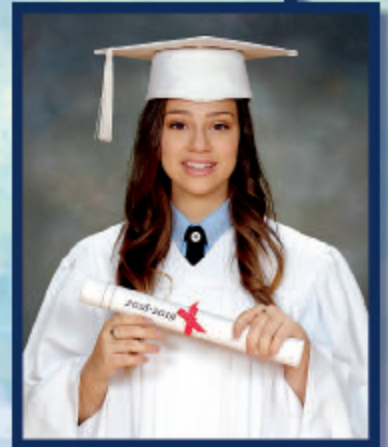
I'll always remember the tests that we all failed, the exams we cried about both before and after, the orals that we couldn't remember and the days we forgot our dress uniform. But I'll also remember getting chocolate on our birthdays from Mme de Sainte Marie, the GFTC walks up the mountain, screaming our lungs out at sports day and the times we were laughing so hard, we fell to the ground in the lunch room.

Most Likely To: Have the family size Advil bottle on her at all times

Katalina Couto

Master has given Kat a diploma, Kat is now free!!!

Most Likely To: Disappear for twenty years and be found on a beach in Portugal



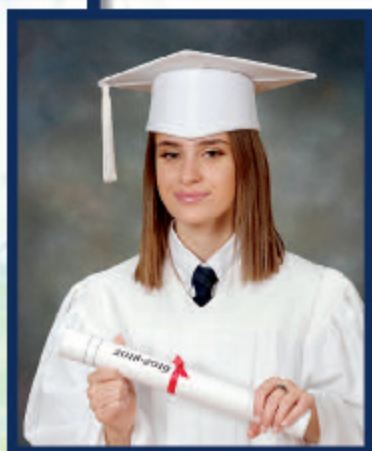
Erika Delucilla



"Finishing that 5K was the hardest thing I've done. I ate more fettuccini Alfredo and drank less water than I have in my entire life. People always talk about triumphs of the human spirit. Well, today, I had a triumph of the human body. That's why everybody was applauding for me at the end, my guts and my heart. And while I eventually puked my guts out, I never puked my heart out."
-Michael Scott

Most Likely To: Spontaneously combust

Emiliana di Nolfo



I want to thank everyone who has made these past five years truly unforgettable. I will forever cherish the amazing memories I have made with those around me, especially my girls. Friends forever. xoxo

Most Likely To: Take a "personal day" every day

Caitlin Downey

"How lucky I am to have something that makes saying goodbye so hard" —Winnie the Pooh. To all the graduates, thank you for making these the most memorable five years of my life. The memories made will last me a lifetime and I will never forget my Sacred family. Congrats grads '19!

Most Likely To: Marry a hockey player



Amanda Emblem



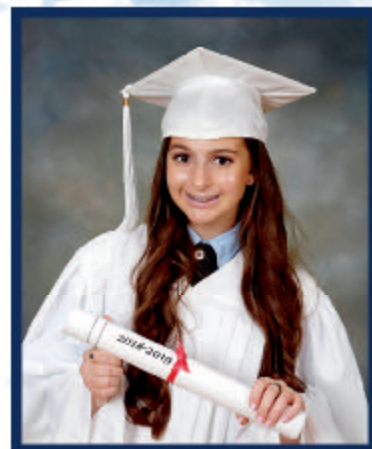
"I wish there was a way to know you're in the good old days, before you've actually left them." -Andy Bernard, "The Office"

Most Likely To: Forget her own child

Stefanie Frances

Thank you to everyone who filled my five years with so many amazing memories that I will cherish forever. And especially to the teachers who couldn't remember my name . . . Here's to five years of being known as Sarah - Stefanie friends forever xox

Most Likely To: Get an allergic reaction to the air



Daphne Giroux

They said it was going to be easy peasy lemon squeezy, but it was difficult difficult lemon difficult.

Most Likely To: Turn green from her high salad consumption



Tiana Iacobelli



"Today's special moments are tomorrow's memories" -Genie

Most Likely To: Wear a sweatshirt to class

Sophie Koestner

It's been an interesting five years and I couldn't have gotten here without the help of Google, Wikipedia and a couple of humans.

"If you don't know where you are going, you might wind up someplace else" -Yogi Berra

Most Likely To: Work at Dormez-Vous



Jasmine Lightfoot



I came to Sacred without any sisters but I'm leaving Sacred graduating with 35 sisters by my side. It seems as though we've had all this time but it's still not enough. These past five years have been nothing short of a blessing. To be able to be surrounded by such a tight-knit community, to be able to go on so many memorable trips, I'll cherish my time at Sacred forever. Once a Saint always a Saint! Best of luck my fellow graduates!

Most Likely To: Own way too many dogs

Yanping (Kris) Lu



I've made many sweet memories in this school. I have experienced many things and made many friends. It's a bit sad when I think that I'll come to graduate. In case I don't see you, good afternoon, good evening and good night.

Most Likely To: Become an illustrator

Laura Maréchal-Houillon

"J'étais nul en maths car quand on aime on ne compte jamais"
-La Fouine

Most Likely To: Become the creative director of a fashion house



Laura Michetti



Me: "Excuse me Miss I think I'm going to faint."
Teacher: "Laura, do not interrupt me when I'm trying to speak, it's rude!"
Me: *passes out in front of my entire math class*

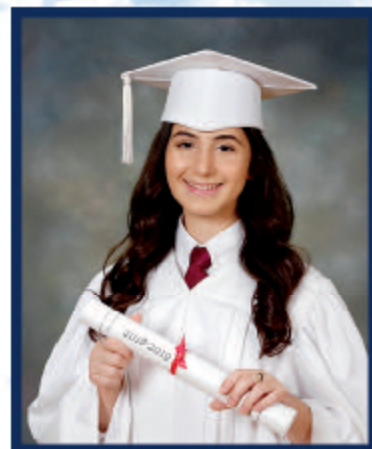
-friends forever xox

Most Likely To: Faint when she meets ASAP ROCKY

Elisabeth Morena

"Due tomorrow, do tomorrow, or the day after that..." Thank you to everyone who I've created amazing memories with especially my girls and my shmoots. I will cherish these years forever. Peace, Love, Moomba.

Most Likely To: Bribe people with bagels



Nicoletta Pantazopoulos

I'm going to go stand outside. If anyone asks, I'm outstanding.

Most Likely To: Be the reincarnated Audrey Hepburn



Madison Passingham



"Madison, please don't make your grad quote about chicken nuggets."

-Mom

Thanks for everything girls #grads19

Most Likely To: Fall off her scooter many, many times ...and ya

Amberlie Pereira

"Don't cry because it's over, smile because it happened." -Dr. Seuss

Most Likely To: Laugh at her own jokes



Yixuan (Carol) Qin



Although I joined the Sacred Heart family only two years ago, I have already felt the warmth from this community. Thanks to every one of you who said hello to me, my soul is still waiting to be discovered by all of you, and I'm ready for the next adventure.

Most Likely To: Be able to eat more sushi than everyone she knows

Rozanna Ralbovsky



"Grippers of the world, unite!"

Most Likely To: Become Canada's Sassiest Prime Minister

Zhiyi (Amber) Ren

The world ain't all sunshine and rainbows. It is a very mean and nasty place. I would like to thank friends and teachers for making my high school years memorable.

Most Likely To: Spend most of her time doing makeup, sleep in class and play games.



Angelica Salouros



"Graduation? That's Hot." -Paris Hilton

Most Likely To: Miss class

Emilie Shalhoub

In ten years, when I look back on these last five years, I won't remember sitting in the hallway trying to cram as much information into my head before going into a dreaded test, the monthly habit of realizing at 10:00 pm that there's an assignment due the next day that I haven't even started yet or the dreaded days when our long anticipated study period was surprisingly replaced with an assembly. I will remember though running up and down the study hall, making new friends and laughing about the countless funny things that happened. I will cherish these memories forever.

Most Likely To: Watch documentaries and read Wikipedia for hours on end



Jiajie (Crystal) Shan

The past two years have been filled with laughter and I will never forget these memories. I am so lucky to have spent an amazing two years with incredible girls. I am really thankful for everyone who has helped me during my time here.

Most Likely To: Happen to own all the V-neck shirts in the world



Sydney Shun



"When life gives you a hundred reasons to break down and cry, show life that you have a million reasons to smile and laugh."

Most Likely To: Always be hungry even after eating

Grace Singer

"If I had to do the same again, I would, my friend, Fernando."
-ABBA

Most Likely To: Replace Johnny Depp as the new Jack Sparrow. Captain Jack Sparrow.



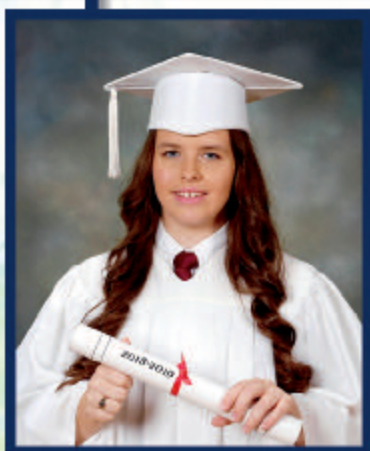
Daisy Smith



"How fleeting are all human passions compared with the massive continuity of ducks" -Dorothy L. Sayers

Most Likely To: Take plays in English class too seriously and endure bodily harm for it

Amanda Stevenson



"A dream doesn't become reality through magic; it takes sweat, determination, and hard work." - Colin Powell

To all Sacred girls, I want to thank you for making these past four years unforgettable. I am so grateful to have met 35 amazing girls. The fun, the laughter, and the memories will always have a place in my heart.

Most Likely To: Never miss a day of class

Olivia Torralbo

I want to thank everyone who made my time at Sacred memorable. I am thoroughly grateful for the people I have met and the memories I have made. I will forever remember the impact you have all had on my life, especially Julia. To my biggest inspiration, you were an angel on Earth and you are now an angel in heaven.
xoxo friends forever

Most Likely To: Hand in work late



Katalina Toth



My Wretched Dragon is Perplexed.

Most Likely To: Secretly plan a coup d'état

Maya Vardaro

"How lucky am I to have something that makes saying goodbye so hard" -Winnie the Pooh.

These past five years have been filled with unforgettable memories and friendships that I will cherish forever. I am so happy to have spent my years at Sacred Heart with such amazing girls. Congratulations Class of 2019, we did it!

Most Likely To: Always have perfect hair, even after gym class



Veronica Verenini

"It is impossible to live without failing at something unless you live so cautiously that you might as well not have lived at all—in which case, you fail by default." -J.K. Rowling

Most Likely To: Kill you with a look



Eliana Viviani



To all Sacred girls, especially my girls, thank you for making these last five years fun and memorable. You will always have a special place in my heart.

"Cheaters never win, but I just graduated."

Peace. Ciao. Bye.

Most Likely To: Bring sexy back

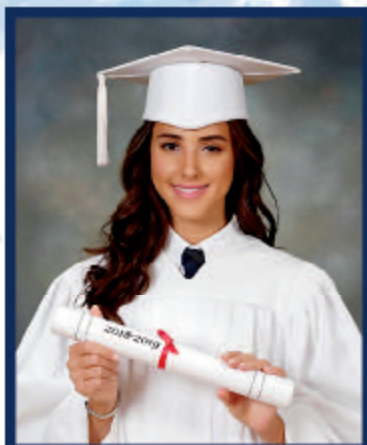
Wenyu (Winnie) Zhang

I have spent just about three years at Sacred Heart. It has taught me a lot since I first came here. Not only knowledge and all the practice we've done in class, but also to love, to give and to participate in this big family. It means a lot to me.

Most Likely To: Spend her life in bed just because she can



Maria Ziannis



Always dream bigger, aim higher, and fight harder than you can imagine because only when you push past your own limits can you see how far you can go. This is only the beginning of our journey to success. Onwards and upwards!

Most Likely To: Own the world and everything in it

Babies of '01 and '02



Madison Berros



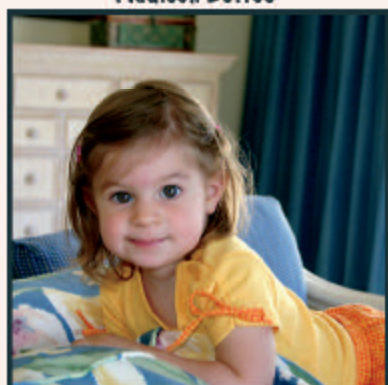
Shannon Blake



Katalina Couto



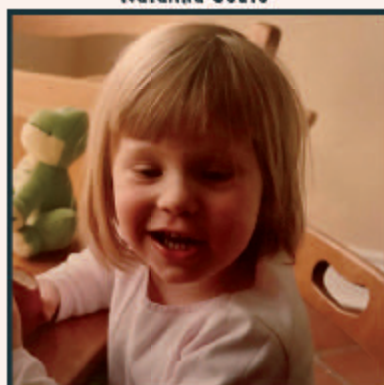
Erika Delucilla



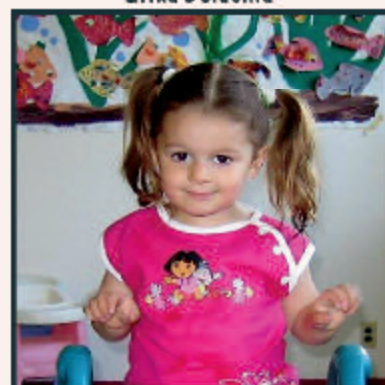
Emiliana Di Nolfo



Caitlin Downey



Amanda Emblem



Stefanie Frances



Daphne Giroux



Tiana Iacobelli



Sophie Koestner



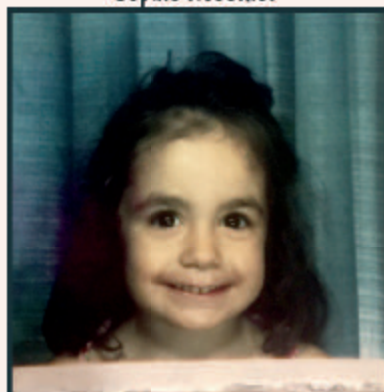
Jasmine Lightfoot



Yanping <Kris> Lu



Laura Maréchal-Houillon



Laura Michetti



Elisabeth Morena



Nicoletta Pantazopoulos



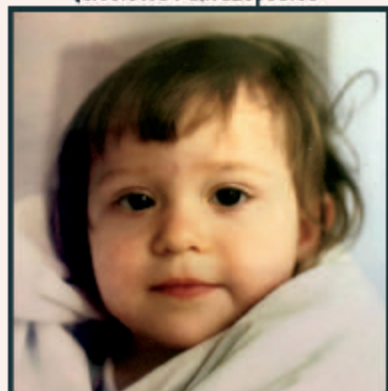
Madison Passingham



Amberlie Pereira



Yixuan <Carol> Qin



Rozanna Ralbovsky



Zhiyi <Amber> Ren



Angelica Salouros



Emilie Shalhoub



Jiajie <Crystal> Shan



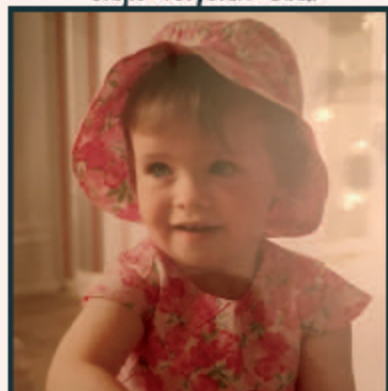
Sydney Shun



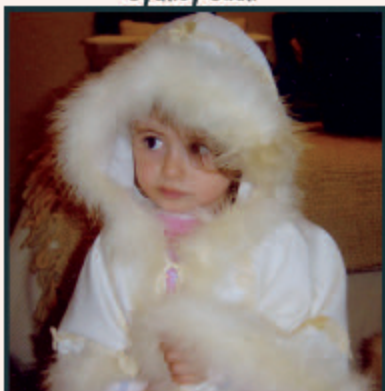
Grace Singer



Daisy Smith



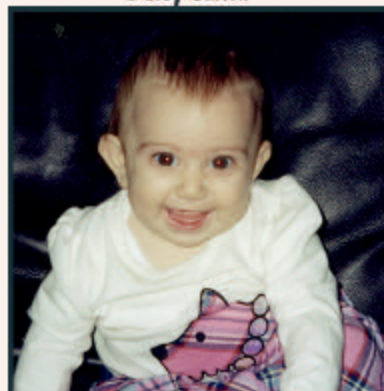
Amanda Stevenson



Olivia Torralbo



Katalina Toth



Maya Vardaro



Veronica Verenini



Eliana Viviani



Wenya <Winnie> Zhang



Maria Ziannis

Congratulations
to the
graduating class
of 2019



Hats off to you!

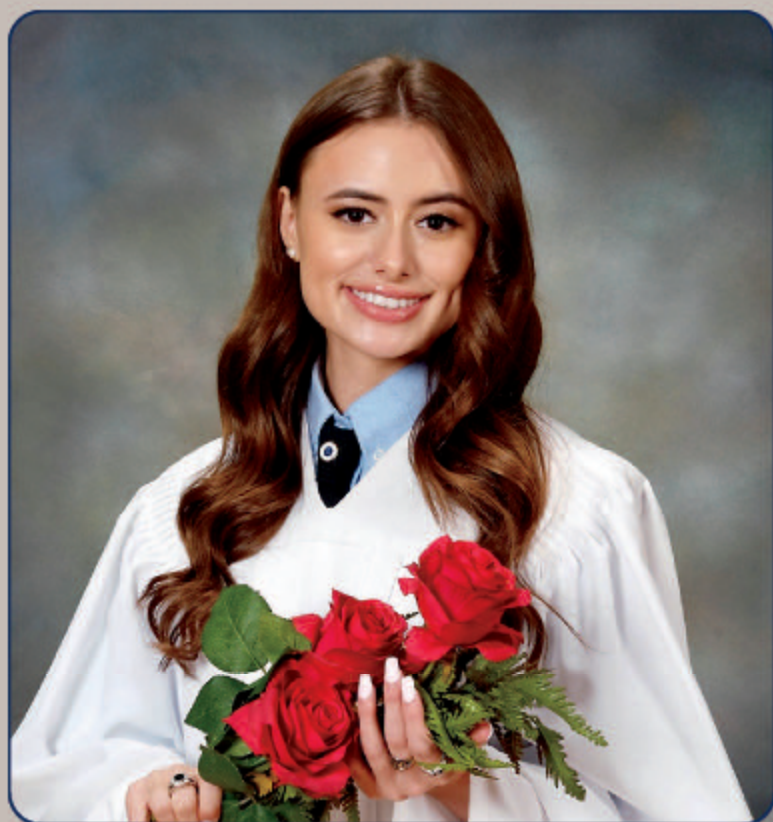
Daphne Giroux



Congratulations, Daphne! We are so proud of you, and your incredible achievements.

Love,
Mom, Dad, and Veronica

Olivia Torralbo



Congratulations Olivia!

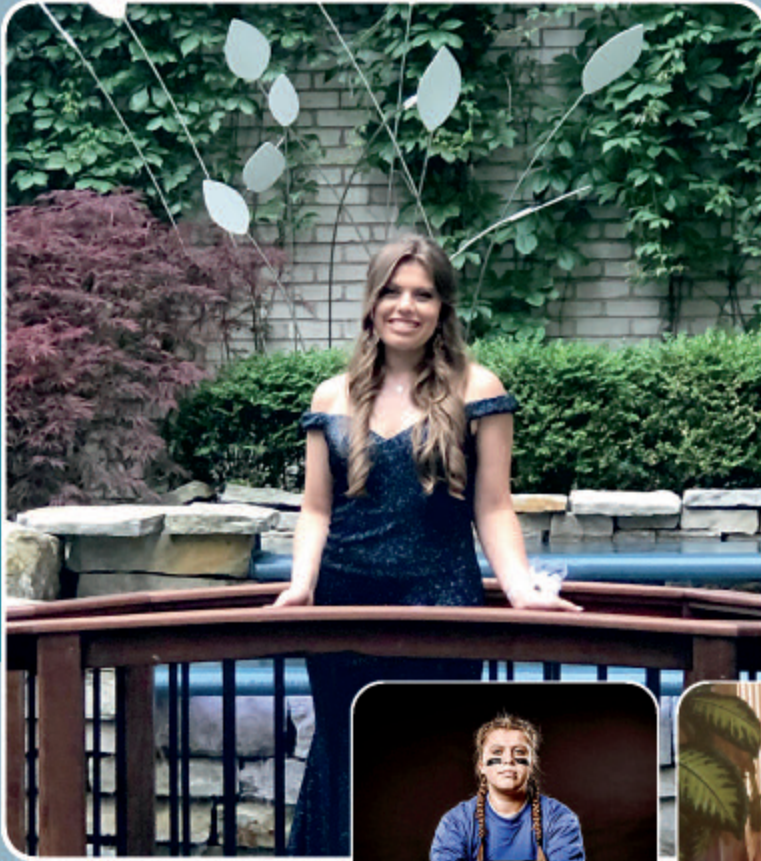
These last five years have come and gone in a flash. You arrived at Sacred Heart as a young girl with an immense desire to learn and discover the new world around you.

You emerge five years later as a mature, enlightened and confident young woman ready to embark on her next journey. We could not be more proud how you have evolved and handled the challenges that have come with growing up.

The next phase of your life will undoubtedly throw new challenges your way. We have no doubt that you will thrive and continue to be the beautiful soul that you are.

With all of our love,
Mom and Dad

Jasmine Lightfoot



Mom and Our Dearest Jasmine,

When you were a young girl, we saw how determined you were to figure everything out, so curious and inquisitive about the world. You were so focused at everything you did and would stop at nothing until you completed your task well. Your smile brightened up our days and every room you entered.

Your perseverance in soccer and achieving your goal showed us that you could achieve anything you put your mind to.

Five years ago you entered Sacred Heart with a skip in your step and that same passion and enthusiasm for your academics and everything you participated in with your school.

We could not be prouder of you and everything you have accomplished! Keep reaching for the stars!!

We love you,
Mom, Dad and Anthony
XOXOXO



Madison Berros

Our Dearest Madison

It is hard to find the words to express all that we are feeling as you graduate high school. Perhaps the word proud is not quite enough to encompass the emotions of the day. We are so very proud not only of your achievements, but of the fine young lady that you have become. Your soul is pure, beautiful, generous and kind.

Today marks the end of one chapter, but also the start of a new one. The pages are blank, the plot yours to create. We have no doubt you will fill it with the warmest of characters, the most beautiful of songs, stories of meaning, messages of hope, love and faith. And even when the pages have moments of hardship, which is sure to happen, we know you will dig down deep and tap into those very same reserves that have helped you before and in the end, you will persevere and emerge even stronger for the challenges.

We believe in your abilities, your potential and all of the promise that resides within you. We will always be your greatest cheerleaders and most devoted fans. We will always be here for whatever you need, even as we let go and give you the space to begin carving out a life on your own. Know that your safety net remains strong, ready and ever-present if ever you need it.

We are grateful that God blessed us with the opportunity to raise you, to accompany and love you on this journey. We are proud to be your parents.

Love Always & Forever
Mom & Dad
XOXOXOXO





Caitlin Downey

Caitlin,

Congratulations!! We are so incredibly proud of the amazing person you have become. We are warmed by your smile and laughter and awed by your intelligence, compassion, beauty and passion for sports. We cannot believe how quickly your time at Sacred Heart has passed and how much you have grown. You are strong and caring, humorous, and resilient. Your future is as bright as you are and we can't wait to see it unfold. You are a wonderful daughter, sister and friend.

We love you!!

Mom, Dad and Jenna
Xoxox



They say we're young and we don't know
We won't find out until we grow
Well I don't know if all that's true
'Cause you got me, and baby I got you
Babe
I got you babe
I got you babe

- The Groundhog



"Congratulations girls on your graduation! You really are a special grade and we will miss you very much! I wish you nothing but the best in all your future endeavors. Don't forget...Once a Saint, Always a Saint!"

-Ms Littman



the graduates...

There once was a group of Sec Vs at the Heart
Who were known to be most incredibly smart
They laughed, they cried and they danced,
Through years 1 - 5 , they pranced
And firmly established their roles as part

of the school, of Sacred tradition,
To make their mark, became their mission
With each other, the teachers vied
“We want that class!” they cried.
“They create, they entertain, they even listen!”

But sadly the time it has come, what will it mean
To bid farewell to the grads of 2019?
Their energy will be remembered, for time immemorial
For it never waned, through the most boring tutorial
But no need to worry, for all they were able to glean

Will stand them in good stead
As they forge their way ahead
Be proud, dear grads, for all you have achieved
And know, from the bottom of our hearts, though grieved
We will never forget that from pressure you rarely fled

And thus, you are ready, and so are we
To bid goodbye, to wait and see
What wonders you all will do
As heads held high, you seek pastures new
Just never forget, we love you and that is key

So Cheers dear grads, stay true and steady
You are real champions, and more than ready
We will miss you, and that is so
As on your way, you do go
Farewell and Cheerio (Unison)



Autographs...





